

APRIL GROUP EXERCISE SCHEDULE HARRISBURG BRANCH YMCA



April 1-30

*Asterisk denotes Recommended for Active Older Adults

MONDAY

Time	Class	Instructor	Location
AM Classes			
7:30-8:15	Essentrics *	Maria	A
8:30-9:30	Yoga Basics	Jim	A
9:30-10:15	Tai Chi	Jim	CR
9:30-10:25	Total Body	Mandie	A
10:30-11:25	Zumba Gold	Mirna	A
12:30-1:15	Silver Sneakers Classic	Andrea	A
PM Classes			
5:45-6:45	Box N Burn	Meredith	A
6:50-7:50	Cardio Dance	Elizabeth	A
6:00-8:00	Tae Kwon Do	Anthony	B

TUESDAY

Time	Class	Instructor	Location
AM Classes			
5:15-6:15	Bootcamp	Mandie	A
8:30-9:25	Cycle	Danyale	B
9:00-9:25	Abs/Back	Tricia	A
9:30-10:30	Total Strength	Taryn	A
10:30-11:30	Essentrics	Maria	A
11:30-12:00	Essentrics *	Maria	A
PM Classes			
5:45-6:45	Deep Strength Yoga	Andrea	A
7:00-8:00	Triple Threat	Hannah	A
7:00-8:00	Cycle	Corey	B

WEDNESDAY

Time	Class	Instructor	Location
AM Classes			
5:15-6:00	Cycle	Dana	B
5:45-6:30	Essentrics	Maria	A
8:30-9:30	Cardio Mix	Tricia	A
9:30-10:30	Yoga	Kristin	A
10:30-11:30	Silver Sneakers Classic	Kristin	CR
11:30-12:30	Chair Yoga*	Jim	CR
PM Classes			
4:30-5:30	Kids Bootcamp	Jessica	A
5:45-6:45	Bootcamp	Taryn	A
6:00-8:00	Tae Kwon Do	Anthony	B
6:50-7:50	Zumba	Elise	A

THURSDAY

Time	Class	Instructor	Location
AM Classes			
5:15-6:15	Total Body	Meredith	A
8:30-9:20	Essentrics/Barre	Maria	CR
8:30-9:30	Cycle	Catlin	B
9:30-10:30	Cardio Scupt	Deanne	A
10:30-11:30	Zumba Gold Toning	Mirna	A
PM Classes			
6:30-7:30	Cycle	Corey	B
7:00-8:00	Yoga	Kristin	A

FRIDAY

Time	Class	Instructor	Location
AM Classes			
8:30-9:25	Essentrics	Maria	A
9:30-10:30	Tabata	Shelley	A
10:30-11:00	Abs/Back	Tricia	A

SATURDAY

Time	Class	Instructor	Location
AM Classes			
8:15-9:15	Yoga	Andrea	A
9:30-10:30	Cycle	Varies	B
9:30-10:30	Cardio Scupt	Varies	A

VENDOR DAY ON FRIDAY APRIL 28TH 9AM-1PM
COME CHECK OUT OUR VENDORS AND DO SOME
SHOPPING!!!

WE WILL HAVE A GIFT BASKET RAFFLE THE WEEK OF
APRIL 24-28.. PURCHASE TICKETS TO BE ENTERED
INOT THE RAFFLE FOR A BASKET!

10TH ANNUAL HARRISBURG 5K AND INTRODUCING
THE 10K ALONG WITH THE 1 MILE FUN RUN
ON SATURDAY APRIL 8TH SIGN UP TODAY!

" FAITH IS CONFIDENCE IN WHAT WE HOPE FOR AND
ASSURANCE ABOUT WHAT WE DO NOT SEE. "
HEBREWS 11:1

GROUP EXERCISE CLASS INFORMATION

NEW CLASS ON WEDNESDAYS

8:30AM CARDIO MIX WITH TRICIA

ABS/BACK CLASS TUESDAYS 9:00-9:30

FRIDAYS 10:30-11:00AM

ZUMBATHON ON SATURDAY APRIL 1ST

10:30-12:00PM AT HARVEST CHURCH

DONATIONS ONLY

Questions?

Contact Mandie Condie at 704-454-7800 ext 323 or
mcondie@cannonymca.org

CLASS DESCRIPTIONS

***Asterisk Class denotes Active Older Adult Class**

Level AI

Abs/Back 30 minutes. This class is designed to focus on your whole core and its strength. You will work on exercises to make your front and back strong.

Chair Yoga 55 minutes. Gentle form of yoga that is practiced sitting in a chair or standing using a chair. AOA

Cross Training: WOD varies minutes. Cross Training combines cardio exercises and strength moves that work the entire body. Workouts of the day are posted by the fitness desk. You are able to work at your own pace and at on your own time.

Deep Stretch Yoga is a great way to stretch out tired muscles from hard workouts, and for athletes. Also, great for relieving any tension in the body after a long day of work.

Gentle Yoga 55 minutes. Learn poses & move slowly through deep stretches. Gentle Yoga will help you gain flexibility, strength, and relaxation.

Essentrics 55 minutes. This class is a fitness program that utilizes full-body dynamic stretching and strengthening exercises. Tuesdays at *11am class is for the Active Older Adults and Slower pace.

Silver Sneakers Classic: 45 minutes Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, and activities for daily living.

Tai Chi * 45 Minutes This class is an internal Chinese martial art practiced for both its defense training and its health benefits. AOA.

Zumba 60 minutes. Zumba Fuses Latin dance moves into easy to follow steps, creating a fun & dynamic fitness class. So Ditch the workout and join the party!!!

Zumba Gold* 60 minutes Same as Zumba just at a slower pace and designed for the AOA.

Level II

Cardio Pump 55 minutes This class uses many types of cardio from kickboxing, step, or bootcamp formats and can include strength.

Cardio Sculpt 55 minutes Gain balance & toned muscles in this high energy class that usua all kinds of stability equipment including: stability balls & Bosus

Cycle 45 or 55 minutes. Cycle brings the outdoors in with challenging and exciting rides. Combining high energy and no impact makes this a great cardio class.

Total Body Workout 55 minutes This class you will work out the whole body from head to toe with cardio and can include strength.

Total Strength 55 minutes. This class focuses on total-body conditioning using weights, tubing, body bars and stability balls.

Yoga Basics 55 minutes. This class takes the basic yoga poses and puts them into working practices. This class is a little more intense than gentle but still uses easy to learn poses while teaching breathing techniques.

Level III

Bootcamp 60 minutes. This class is for the hard core exerciser. The instructor will guide you through Sports-specific exercises that will help increase endurance, speed, agility, strength, and balance.

Box n Burn 60 minutes. This Class is designed to use kickboxing, strength, conditioning, plyometric, and much more.

Tabata 60 minutes. The Tabata protocol is a high-intensity training regimen that produces remarkable results. A Tabata Workout is an interval training cycle of 20 seconds of Maximum exercise , followed by 10 seconds rest. Repeated eight times for a total of four minutes.

Paid for Classes:

Preschool Dance 45 minutes. Ages 3-5. This class is designed for our younger group to learn the basic steps and creative a fun environment for those ages. Paid for Class

Hip Hop 45 minutes. Students will focus on movement isolations, different rhythm combinations and musicality. Ages 6-10 and paid class.

Modern/Lyrical 45 minutes This is an interpretive dance form composed of elements of jazz and ballet. Ages 6-10 paid class.

Tumble 45 minutes Tumble is a class designed for the individuals to learn cheers, jumps, and basic tumble moves. Ages 3-10 Paid class.